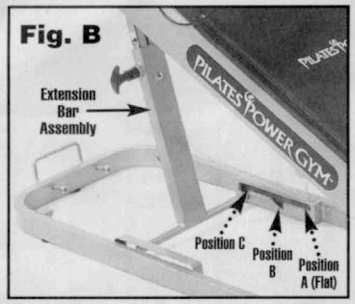
PILATES POWER GYM™ Resistance Charts

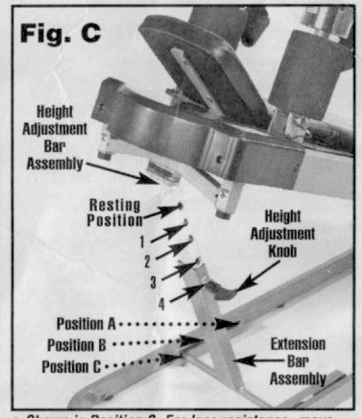
The Pilates Power Gym™ offers you many options to increase or decrease resistance according to your fitness level and the specific exercise being performed. Resistance is varied by the number and combinations of Tension Cords used, the angle of the Glideboard, and body weight. The charts below and on the back of this sheet can be used to help you find the amount of resistance being applied when taking into consideration your body weight and the different Glideboard and Tension Cord settings.

Please reference pages 10 and 11 in your owner's manual for instructions and diagrams of how to adjust your Pilates Power Gym™ unit.

In the charts below and on the back of this sheet, find the chart with the User Weight category closest to your own weight. In the first column on the left, labeled Cord Combinations, you will see symbols that represent which Tension Cords are attached to the unit. The symbol "⃠" represents no Cords attached to the Glideboard. The numbers you see in the black circles (❶+❷+❸+❹) represent the different Cords attached to the unit. The "+" symbol shows that multiple Cords are being used at the same time. The next column, Cord Resistance, shows approximately how many pounds of resistance are applied with each Cord or combination of Cords, without factoring in body weight or angle of Glideboard. Finally, the **Position**/Angle columns shown in blue represent the position and angle of the Glideboard. The numbers shown represent the approximate resistance a person close to the body weight indicated would have with each possible setting.



^ *Picture above and to the right are taken from the Owner's Manual. Please refer to pages 10 and 11 for more complete instruction to adjust the Pilates Power Gym™ unit.* >



* *Shown in Position C. For less resistance, move Extension Bar Assembly to Position B.*

User Weight: 100 lbs

CORD COMBINATIONS	CORD RESISTANCE (lbs.)	A–Resting / 0°	B–Resting / 8.2°	B-1 / 12.1°	C–Resting / 13.5°	C-1 / 16.2°	B-2 / 20.3°	C-2 / 22.6°	B-3 / 24.5°	C-3 / 26.4°	B-4 / 29.8°	C-4 / 31.4°
		Position / Angle										
⃠	0	0.0	14.3	21.0	23.3	27.9	34.7	38.4	41.5	44.5	49.7	52.1
❶	8.992	9.0	23.3	30.0	32.3	36.9	43.7	47.4	50.5	53.5	58.7	61.1
❷	12.589	12.6	26.9	33.6	35.9	40.5	47.3	51.0	54.1	57.1	62.3	64.7
❸	16.636	16.6	30.9	37.6	40.0	44.5	51.3	55.1	58.1	61.1	66.3	68.7
❹	20.682	20.7	34.9	41.6	44.0	48.6	55.4	59.1	62.2	65.1	70.4	72.8
❶+❷	21.581	21.6	35.8	42.5	44.9	49.5	56.3	60.0	63.1	66.0	71.3	73.7
❶+❸	25.628	25.6	39.9	46.6	49.0	53.5	60.3	64.1	67.1	70.1	75.3	77.7
❷+❸	29.225	29.2	43.5	50.2	52.6	57.1	63.9	67.7	70.7	73.7	78.9	81.3
❶+❹	29.674	29.7	43.9	50.6	53.0	57.6	64.4	68.1	71.1	74.1	79.4	81.8
❷+❹	33.271	33.3	47.5	54.2	56.6	61.2	68.0	71.7	74.7	77.7	83.0	85.4
❸+❹	37.318	37.3	51.6	58.3	60.7	65.2	72.0	75.7	78.8	81.8	87.0	89.4
❶+❷+❸	38.217	38.2	52.5	59.2	61.6	66.1	72.9	76.6	79.7	82.7	87.9	90.3
❶+❷+❹	42.263	42.3	56.5	63.2	65.6	70.2	77.0	80.7	83.7	86.7	92.0	94.4
❶+❸+❹	46.310	46.3	60.6	67.3	69.7	74.2	81.0	84.7	87.8	90.8	96.0	98.4
❷+❸+❹	49.907	49.9	64.2	70.9	73.3	77.8	84.6	88.3	91.4	94.4	99.6	102.0
❶+❷+❸+❹	58.899	58.9	73.2	79.9	82.2	86.8	93.6	97.3	100.4	103.4	108.6	111.0

User Weight: 125 lbs

CORD COMBINATIONS	CORD RESISTANCE (lbs.)	A–Resting / 0°	B–Resting / 8.2°	B-1 / 12.1°	C–Resting / 13.5°	C-1 / 16.2°	B-2 / 20.3°	C-2 / 22.6°	B-3 / 24.5°	C-3 / 26.4°	B-4 / 29.8°	C-4 / 31.4°
		Position / Angle										
⃠	0	0.0	17.8	26.2	29.2	34.9	43.4	48.0	51.8	55.6	62.1	65.1
❶	8.992	9.0	26.8	35.2	38.2	43.9	52.4	57.0	60.8	64.6	71.1	74.1
❷	12.589	12.6	30.4	38.8	41.8	47.5	56.0	60.6	64.4	68.2	74.7	77.7
❸	16.636	16.6	34.5	42.8	45.8	51.5	60.0	64.7	68.5	72.2	78.8	81.8
❹	20.682	20.7	38.5	46.9	49.9	55.6	64.0	68.7	72.5	76.3	82.8	85.8
❶+❷	21.581	21.6	39.4	47.8	50.8	56.5	64.9	69.6	73.4	77.2	83.7	86.7
❶+❸	25.628	25.6	43.5	51.8	54.8	60.5	69.0	73.7	77.5	81.2	87.7	90.8
❷+❸	29.225	29.2	47.1	55.4	58.4	64.1	72.6	77.3	81.1	84.8	91.3	94.4
❶+❹	29.674	29.7	47.5	55.9	58.9	64.5	73.0	77.7	81.5	85.3	91.8	94.8
❷+❹	33.271	33.3	51.1	59.5	62.5	68.1	76.6	81.3	85.1	88.9	95.4	98.4
❸+❹	37.318	37.3	55.1	63.5	66.5	72.2	80.7	85.4	89.2	92.9	99.4	102.4
❶+❷+❸	38.217	38.2	56.0	64.4	67.4	73.1	81.6	86.3	90.1	93.8	100.3	103.3
❶+❷+❹	42.263	42.3	60.1	68.5	71.4	77.1	85.6	90.3	94.1	97.8	104.4	107.4
❶+❸+❹	46.310	46.3	64.1	72.5	75.5	81.2	89.7	94.3	98.1	101.9	108.4	111.4
❷+❸+❹	49.907	49.9	67.7	76.1	79.1	84.8	93.3	97.9	101.7	105.5	112.0	115.0
❶+❷+❸+❹	58.899	58.9	76.7	85.1	88.1	93.8	102.3	106.9	110.7	114.5	121.0	124.0

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User Weight: 150 lbs

CORD COMBINATIONS	CORD RESISTANCE (lbs.)	Position / Angle										
		A–Resting / 0°	B–Resting / 8.2°	B–1 / 12.1°	C–Resting / 13.5°	C–1 / 16.2°	B–2 / 20.3°	C–2 / 22.6°	B–3 / 24.5°	C–3 / 26.4°	B–4 / 29.8°	C–4 / 31.4°
⊘	0	0.0	21.4	31.4	35.0	41.8	52.0	57.6	62.2	66.7	74.5	78.2
❶	8.992	9.0	30.4	40.4	44.0	50.8	61.0	66.6	71.2	75.7	83.5	87.1
❷	12.589	12.6	34.0	44.0	47.6	54.4	64.6	70.2	74.8	79.3	87.1	90.7
❸	16.636	16.6	38.0	48.1	51.7	58.5	68.7	74.3	78.8	83.3	91.2	94.8
❹	20.682	20.7	42.1	52.1	55.7	62.5	72.7	78.3	82.9	87.4	95.2	98.8
❶+❷	21.581	21.6	43.0	53.0	56.6	63.4	73.6	79.2	83.8	88.3	96.1	99.7
❶+❸	25.628	25.6	47.0	57.1	60.6	67.5	77.7	83.3	87.8	92.3	100.2	103.8
❷+❸	29.225	29.2	50.6	60.7	64.2	71.1	81.3	86.9	91.4	95.9	103.8	107.4
❶+❹	29.674	29.7	51.1	61.1	64.7	71.5	81.7	87.3	91.9	96.4	104.2	107.8
❷+❹	33.271	33.3	54.7	64.7	68.3	75.1	85.3	90.9	95.5	100.0	107.8	111.4
❸+❹	37.318	37.3	58.7	68.8	72.3	79.2	89.4	95.0	99.5	104.0	111.9	115.5
❶+❷+❸	38.217	38.2	59.6	69.7	73.2	80.1	90.3	95.9	100.4	104.9	112.8	116.4
❶+❷+❹	42.263	42.3	63.7	73.7	77.3	84.1	94.3	99.9	104.5	109.0	116.8	120.4
❶+❸+❹	46.310	46.3	67.7	77.8	81.3	88.2	98.4	104.0	108.5	113.0	120.9	124.5
❷+❸+❹	49.907	49.9	71.3	81.3	84.9	91.8	101.9	107.6	112.1	116.6	124.5	128.1
❶+❷+❸+❹	58.899	58.9	80.3	90.3	93.9	100.7	110.9	116.5	121.1	125.6	133.4	137.1

User Weight: 175 lbs

CORD COMBINATIONS	CORD RESISTANCE (lbs.)	Position / Angle										
		A–Resting / 0°	B–Resting / 8.2°	B–1 / 12.1°	C–Resting / 13.5°	C–1 / 16.2°	B–2 / 20.3°	C–2 / 22.6°	B–3 / 24.5°	C–3 / 26.4°	B–4 / 29.8°	C–4 / 31.4°
⊘	0	0.0	25.0	36.7	40.9	48.8	60.7	67.3	72.6	77.8	87.0	91.2
❶	8.992	9.0	34.0	45.7	49.8	57.8	69.7	76.2	81.6	86.8	96.0	100.2
❷	12.589	12.6	37.5	49.3	53.4	61.4	73.3	79.8	85.2	90.4	99.6	103.8
❸	16.636	16.6	41.6	53.3	57.5	65.5	77.3	83.9	89.2	94.4	103.6	107.8
❹	20.682	20.7	45.6	57.4	61.5	69.5	81.4	87.9	93.3	98.5	107.7	111.9
❶+❷	21.581	21.6	46.5	58.3	62.4	70.4	82.3	88.8	94.2	99.4	108.6	112.8
❶+❸	25.628	25.6	50.6	62.3	66.5	74.5	86.3	92.9	98.2	103.4	112.6	116.8
❷+❸	29.225	29.2	54.2	65.9	70.1	78.0	89.9	96.5	101.8	107.0	116.2	120.4
❶+❹	29.674	29.7	54.6	66.4	70.5	78.5	90.4	96.9	102.2	107.5	116.6	120.9
❷+❹	33.271	33.3	58.2	70.0	74.1	82.1	94.0	100.5	105.8	111.1	120.2	124.4
❸+❹	37.318	37.3	62.3	74.0	78.2	86.1	98.0	104.6	109.9	115.1	124.3	128.5
❶+❷+❸	38.217	38.2	63.2	74.9	79.1	87.0	98.9	105.5	110.8	116.0	125.2	129.4
❶+❷+❹	42.263	42.3	67.2	78.9	83.1	91.1	103.0	109.5	114.8	120.1	129.2	133.4
❶+❸+❹	46.310	46.3	71.3	83.0	87.2	95.1	107.0	113.6	118.9	124.1	133.3	137.5
❷+❸+❹	49.907	49.9	74.9	86.6	90.8	98.7	110.6	117.2	122.5	127.7	136.9	141.1
❶+❷+❸+❹	58.899	58.9	83.9	95.6	99.8	107.7	119.6	126.2	131.5	136.7	145.9	150.1

User Weight: 200 lbs

CORD COMBINATIONS	CORD RESISTANCE (lbs.)	Position / Angle										
		A–Resting / 0°	B–Resting / 8.2°	B–1 / 12.1°	C–Resting / 13.5°	C–1 / 16.2°	B–2 / 20.3°	C–2 / 22.6°	B–3 / 24.5°	C–3 / 26.4°	B–4 / 29.8°	C–4 / 31.4°
⊘	0	0.0	28.5	41.9	46.7	55.8	69.4	76.9	82.9	88.9	99.4	104.2
❶	8.992	9.0	37.5	50.9	55.7	64.8	78.4	85.9	91.9	97.9	108.4	113.2
❷	12.589	12.6	41.1	54.5	59.3	68.4	82.0	89.4	95.5	101.5	112.0	116.8
❸	16.636	16.6	45.2	58.6	63.3	72.4	86.0	93.5	99.6	105.6	116.0	120.8
❹	20.682	20.7	49.2	62.6	67.4	76.5	90.1	97.5	103.6	109.6	120.1	124.9
❶+❷	21.581	21.6	50.1	63.5	68.3	77.4	91.0	98.4	104.5	110.5	121.0	125.8
❶+❸	25.628	25.6	54.2	67.6	72.3	81.4	95.0	102.5	108.6	114.6	125.0	129.8
❷+❸	29.225	29.2	57.8	71.1	75.9	85.0	98.6	106.1	112.2	118.2	128.6	133.4
❶+❹	29.674	29.7	58.2	71.6	76.4	85.5	99.1	106.5	112.6	118.6	129.1	133.9
❷+❹	33.271	33.3	61.8	75.2	80.0	89.1	102.7	110.1	116.2	122.2	132.7	137.5
❸+❹	37.318	37.3	65.8	79.2	84.0	93.1	106.7	114.2	120.3	126.2	136.7	141.5
❶+❷+❸	38.217	38.2	66.7	80.1	84.9	94.0	107.6	115.1	121.2	127.1	137.6	142.4
❶+❷+❹	42.263	42.3	70.8	84.2	89.0	98.1	111.7	119.1	125.2	131.2	141.7	146.5
❶+❸+❹	46.310	46.3	74.8	88.2	93.0	102.1	115.7	123.2	129.2	135.2	145.7	150.5
❷+❸+❹	49.907	49.9	78.4	91.8	96.6	105.7	119.3	126.8	132.8	138.8	149.3	154.1
❶+❷+❸+❹	58.899	58.9	87.4	100.8	105.6	114.7	128.3	135.8	141.8	147.8	158.3	163.1